

Gone
CRACKERS

Caraway

WHEAT-FREE & GLUTEN-FREE

MARY'S
Gone
CRACKERS

.ORGANIC.

WHEAT-FREE
GLUTEN-FREE

Caraway

*Crispy crackers with
a rich, satisfying flavor.*

Certified



Gluten-Free



NET WT. 6.5 OZ (184 g)



Polyunsaturated Fat 2.5g

Monounsaturated Fat 1.5g

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 190mg **8%**

Potassium 190mg **5%**

Total Carbohydrate 21g **7%**

Dietary Fiber 3g **12%**

Sugars 0g

Protein 3g

Vitamin A 0% • Vitamin C 0%
Calcium 4% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS: ORGANIC SHORT GRAIN BROWN RICE, ORGANIC WHOLE QUINOA, ORGANIC BROWN FLAX SEEDS, ORGANIC BROWN SESAME SEEDS, FILTERED WATER, ORGANIC WHOLE CARAWAY SEEDS, SEA SALT, ORGANIC WHEAT-FREE TAMARI (WATER, WHOLE ORGANIC SOYBEANS, SALT, ORGANIC ALCOHOL).

CONTAINS SOY.

MANUFACTURED IN OUR OWN DEDICATED GLUTEN-FREE, DAIRY-FREE AND NUT-FREE FACILITY.

** SATURATED FAT IN OUR CRACKERS OCCURS NATURALLY FROM WHOLE SESAME SEEDS, FLAX SEEDS AND QUINOA.

MANUFACTURED BY MARY'S GONE CRACKERS®

P.O. BOX 965 GRIDLEY, CA 95948 USA 888-258-1250

©2004-2010 MARY'S GONE CRACKERS

MARY'S GONE CRACKERS IS A REGISTERED TRADEMARK OF MARY'S GONE CRACKERS, INC.

CERTIFIED ORGANIC BY INTERNATIONAL CERTIFICATION SERVICES MEDINA, ND USA www.ics-intl.com



400g



Ardmona[®]

Chopped

AUSTRALIAN
VINE RIPENED TOMATOES



ENERGY
138 kJ

DI*
2%

FAT
0.1 g

DI*
<1%

SAT FAT
<0.1 g

DI*
<1%

SUGARS
4.8 g

DI*
5%

SODIUM
8 mg

DI*
<1%

PER 125g SERVE

ARDMONA® PROUDLY SUPPORTS
AUSTRALIAN FARMERS



BJ & Tayden

STRATHALLAN, VICTORIA



BJ Monigatti, pictured here with his son Tayden, is a tomato grower in Strathallan, Northern Victoria. The Monigatti family began growing tomatoes in 1981. A true family business, BJ and his brother Paul lovingly plant and harvest tomatoes every year. They enjoy the challenge of growing the crop and continually improving the quality of the tomatoes, in good weather and bad. The Tomatoes harvested on the Monigatti family farm go into the ARDMONA® range of tomatoes you are about to enjoy.

Scan the QR code for this recipe
**EASY CHICKEN
PARMIGIANA**



5 PER
G SIZE 125g
Quantity
TOTAL
SATURATED
HYDRATE
UGARS
FIBRE
UM
NE

	Per Serve	Per Serve	Per 100g
	138kJ	2%	
	1.3g	3%	110kJ
	0.1g	<1%	1.0g
	<0.1g	<1%	0.1g
	6.5g	2%	<0.1g
	4.8g	5%	5.2g
	1.5g	5%	3.8g
	8mg	<1%	1.2g
	285mg		6mg
	14mg		228mg
			11mg

Daily Intakes are based on an average adult diet of 8700KJ.
Intakes may be higher or lower depending on your energy needs.

INGREDIENTS

TOMATOES (60% MIN), TOMATO JUICE,
AGENT (509), FOOD ACID (CITRIC ACID).

REFRIGERATE UNUSED CONTENTS IN
A SEALED NON METALLIC CONTAINER.
USE WITHIN 5 DAYS.

MADE IN AUSTRALIA

SPC ARDMONA OPERATIONS LIMITED,
ANDREW FAIRLEY AVENUE,
SHEPPARTON, VICTORIA,
3630, AUSTRALIA.

'ARDMONA' IS A REGISTERED TRADE
MARK OF SPC ARDMONA.

ANY QUESTIONS OR COMMENTS?
TOLL FREE: 1800 805 168 AUSTRALIA
TOLL FREE: 0800 337 994
NEW ZEALAND

For more recipes visit:
www.ardmona.com.au

BJ & B
STRATFORD

BJM
is a tomato
The Mon
A true fa
plant and
the chall
improvin
and bad
family
you are

Scan the
EASY
PAR


fiamma
vesuviana

CHICK PEAS

Imported by RB Imports, 435 Hammond Rd, St. S.

Peso Netto
Net Weight
Neto / Netto

Neto Plod

240g

Peso Netto
Net Weight
Neto / Netto



fiamma
vesuviana

Prodotto in Italia a norma di legge: - Product of Italy:
Poreklo: Italia: - Proizvodac: - Packad i Italien:

FIAMMA VESUVIANA s.r.l.

Via Pentelete, 77 - Ottaviano (NA) Italy

T. 081 8278003 - F. 081 8270508

info@fiammavesuviana.com

www.fiammavesuviana.com

Zemlja podrijetla: Italija

NUTRITIONAL INFORMATION

Typical Values per 100g of product

Energy	72kcal/303kj
Protein	4.3g
Carbohydrates	8.6g
- sugars	0g
Total Fat	1.3g
- trans fat	0g
- saturated fat	0.13g
- monosaturated	0.30g
- polisaturated	0.60g
Cholesterol	0mg
Dietary fiber	4.5g
Sodium	0.2g

Indirizzo dalla ditta la cui sigla è riportata
in uno dei coperchi. Peso Netto 400gr

Edgell

chick Peas

✓ ALL NATURAL
INGREDIENTS

Energy
399 kJ

DI*
5%

Protein
5.6g

or
11%

ATION

	3.2
	75g
QTY. PER	100g#
5% 532kJ	
127Cal	
11% 7.5g	
NIL	
1% 1.2g	
0.6% 0.2g	
4% 17.5g	
0.2% 0.3g	
20% 7.8g	
9% 279mg	

MADE IN
AUSTRALIA
FROM LOCAL
INGREDIENTS

REFRIGERATE
AFTER OPENING

FREECALL:

AUS 1800 061 279

NZ 0800 448 613

SIMPLOT AUSTRALIA
PTY LTD. CHIFLEY
BUSINESS PARK,
2 CHIFLEY DRIVE,
MENTONE, VICTORIA,
3194. AUSTRALIA.

EST NO. 315

4267001



Jeeny's[®]
**Oriental
Foods**



NET WEIGHT : 260g

Ingredient: Palm Sugar
Zutaten: Palmzucker
Ingrediënten: Palmsuiker
Ingrédient: Sucre de palmier

Best Before / Mindestens Haltbar / Tenminste
Houdbaar Tot / A Consommer de Préférence Avant

See on Bottom / Siehe Unterseite / Zie bodem /
Voire au dessous

Store in cool dry place / Kühl und trocken lagern /
Koel en droog bewaren / Tenir au frais et au sec

Packed By:
JEENHUAT FOODSTUFFS IND. SDN. BHD
Penang. Malaysia

Imported By / Importe par / Importeur / Importeur:



ORIENTAL MERCHANT PTY. LTD.
10 Westgate Drive, Laverton North,
Victoria 3026 Australia.
www.oriental.com.au



Art No.: 16959
HEUSCHEN & SCHROUFF OFT B.V.
LANDGRAAF - HOLLAND
FAX: 0031-(0)45-5338283
E-mail: sales@heuschenschrouff.com



MANNING IMPEX LTD.
2 Doman Road, Camberley, Surrey, GU15 3DF, U
Tel: 01276 406887/8 Fax: 01276 406889
Email : sales@manningimpex.com



TANG FRERES S.A.
48 Avenue D'ivry, 75013 Paris, France
Tel: 01 49 60 56 78 Fax: 01 49 60 56 29



9 556092 706166

Trident®

Deliciously Authentic

Light
Coconut Milk



400mL

... is ideal for
... Thai curry use Trident Lite Coconut Milk with
Trident Curry Pastes.

NUTRITION INFORMATION

Serves per pack : 6.7 Serving size : 60 mL

Average quantity	per serve	per 100g
Energy	215 kJ (51 Cal)	358 kJ (86 Cal)
Protein	0.5 g	0.9 g
Fat, total	4.2 g	7.0 g
- saturated	3.9 g	6.5 g
Carbohydrate	2.9 g	4.9 g
- sugars	2.3 g	3.8 g
Sodium	12 mg	20 mg

PRODUCT OF THAILAND

PRODUCED FOR MANASSEN FOODS

AUSTRALIA PTY LTD, 8 INTERCHANGE DRIVE,

EASTERN CREEK, NSW 2766, AUSTRALIA

AND HUTCHINSONS LTD, 136 BROADWAY,

NEWMARKET, AUCKLAND, NEW ZEALAND.

© REGISTERED TRADEMARK OF
TRIDENT FOODS PTY LTD.

... website at www.trident.net.au



Brown

Australian Medium Grain Rice

Nutritious, wholegrain rice with
a mild nutty flavour

1 kg

NEW!
Recipe #55: Isabell's Grilled
Cutlets on Mushroom and

Gluten Free

ENERGY
1040 kJ
250 kcal

FAT
1.8 g
36 kcal

SAT. FAT
< 0.1 g
2 kcal

SUGAR
< 0.1 g
2 kcal

GLUCOSE
< 0.1 g
2 kcal



For inspiration www.sunrice.com.au



1800 255 999 Australia
0800 114 760 New Zealand

Ricegrowers Limited
ABN 55 007 481 156
Vanco Avenue, Leeton
NSW 2705 Australia

SunRice and SunRice logo
are © Registered Trademarks
of Ricegrowers Limited.

Grown in Australia
Store in a cool dry
place out of sunlight

33273a

Naharajah's Choice

**SUMAC
GROUND**

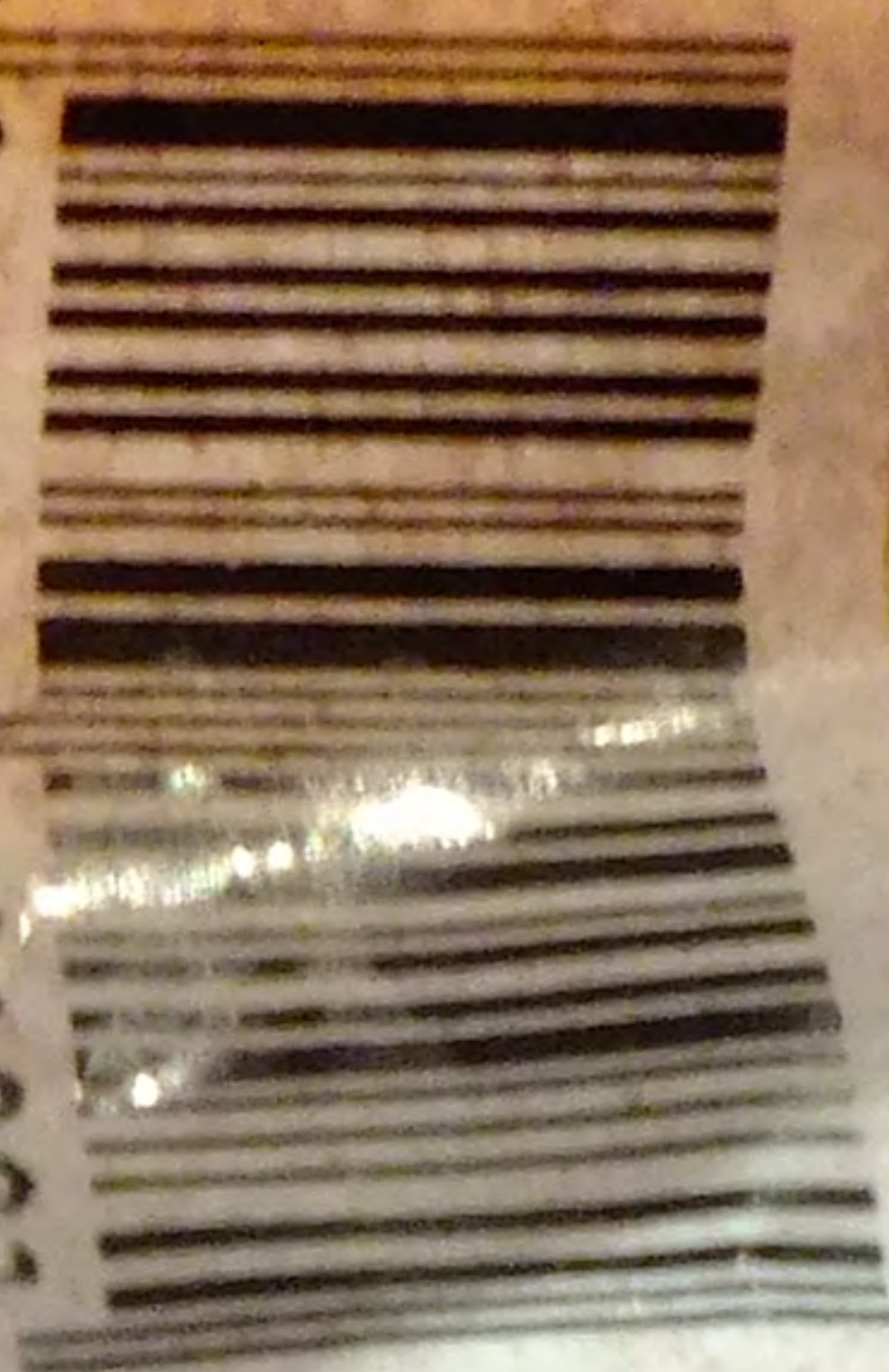
NET 100g

Product of India

Best before 31/Dec/2015

Store in cool dark place in an airtight container

9 311503 101961



Young
Corn

Valcom[®]

Water Chestnut
Slices

227g



Rinse well before use.

Once opened refrigerate any unused portion in water and use within 5 days.

Imported by:

Oriental Merchant Pty Ltd
10 Westgate Drive, Laverton North,
Victoria 3026 Australia
Freecall: **1800 806 842**

Oriental Merchant Pty Ltd
Unit 10, 9 Manu St, Otahuhu,
Auckland 2024 New Zealand
Freecall: **0800 103 305**

www.oriental.com.au



Your Asian Food Specialist



Ingredients
water, acid

Nutrition

Serving size

Energy

Protein

Fat - Tot

- Satur

Carbohydrate

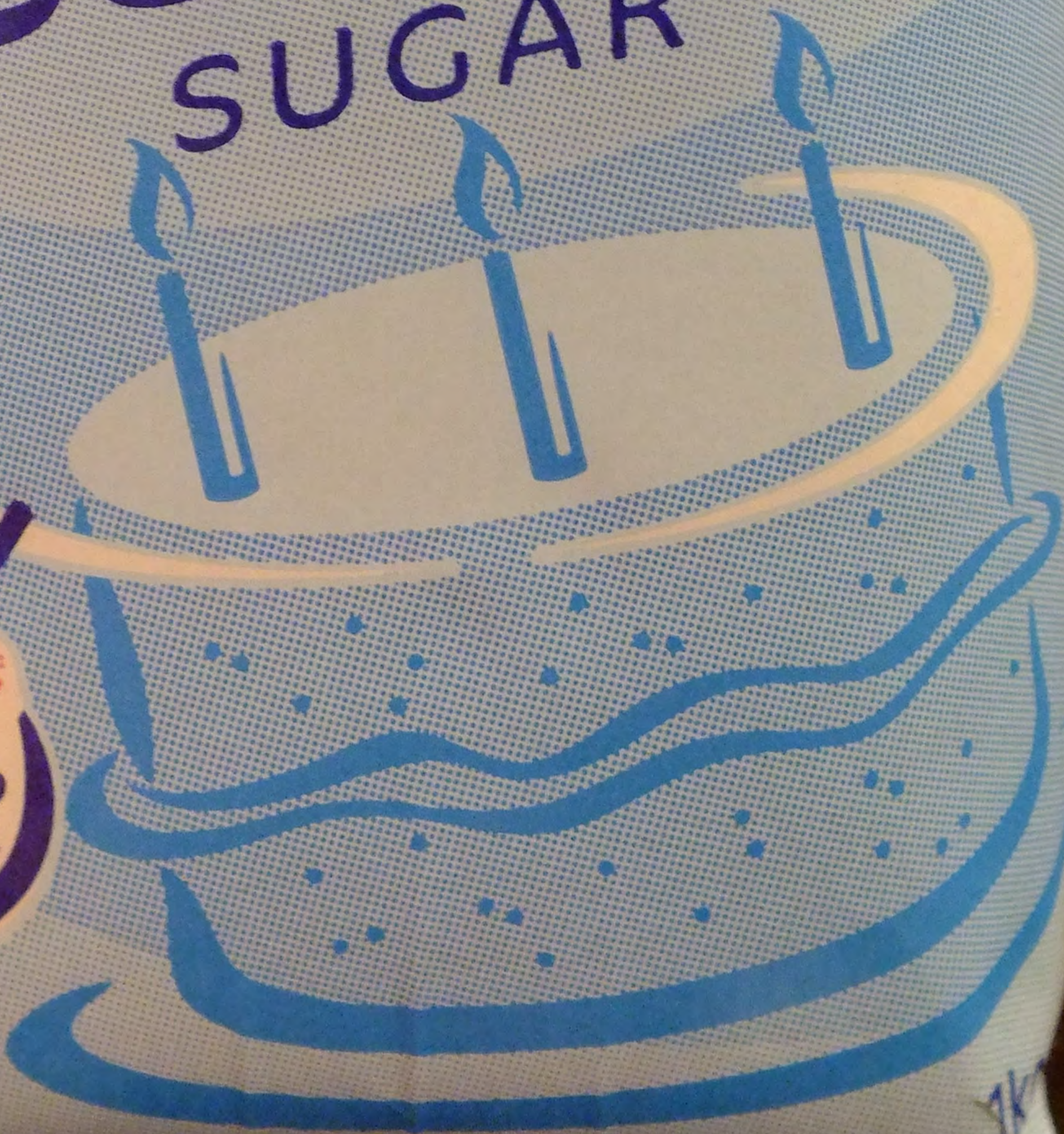
- Sugar

Sodium

AUSTRALIA'S FAVOURITE

CSRTM

caster
SUGAR



Yarraville, Victoria 3013. Please also advise when and where the product was purchased.

Nutrition Information

Servings per package - 250

Serving size - 4g (1 level metric teaspoon)

	Ave quantity per serving	Ave quantity per 100g
Energy	68kj (16 Cal)	1700kj (407 Cal)
Protein	0g	0g
Fat, total	0g	0g
saturated	0g	0g
Carbohydrate, total	4g	100g
sugars	4g	100g
Sodium	< 0.1mg	< 1mg

Ingredients: Cane Sugar

Store in a cool, dry place

PKD 18 APR 13Y
01:58:28

Made in Australia

Sugar Australia Pty Limited
265 Whitehall Street, Yarraville,
Victoria, 3013. Ph: 1800 800 329



PAPER

is a registered trademark of CSR Limited.





TAMAR VALLEY

No Added Sugar

Greek Style Yoghurt is a

premium yoghurt made in the heart of the
pristine **Tamar Valley**. Our yoghurt makers
have perfected the art of making a delicious
dessert style yoghurt that is **98% fat free**
and **no added sugars**.

The result is a creamy dessert yoghurt you
can enjoy without feeling guilty! Enjoy!



Tamar Valley Dairy
27 Montagu Street
Invermay 7248
Ph: 03 6334 7220



KEEP REFRIGERATED
STORE BELOW 4°C
tamarvalleydairy.com.au

400g NET

VEGEMITE

CONCENTRATED YEAST EXTRACT

KRAFT



PROUDLY MADE IN AUSTRALIA SINCE 1923



PLEASE RECYCLE



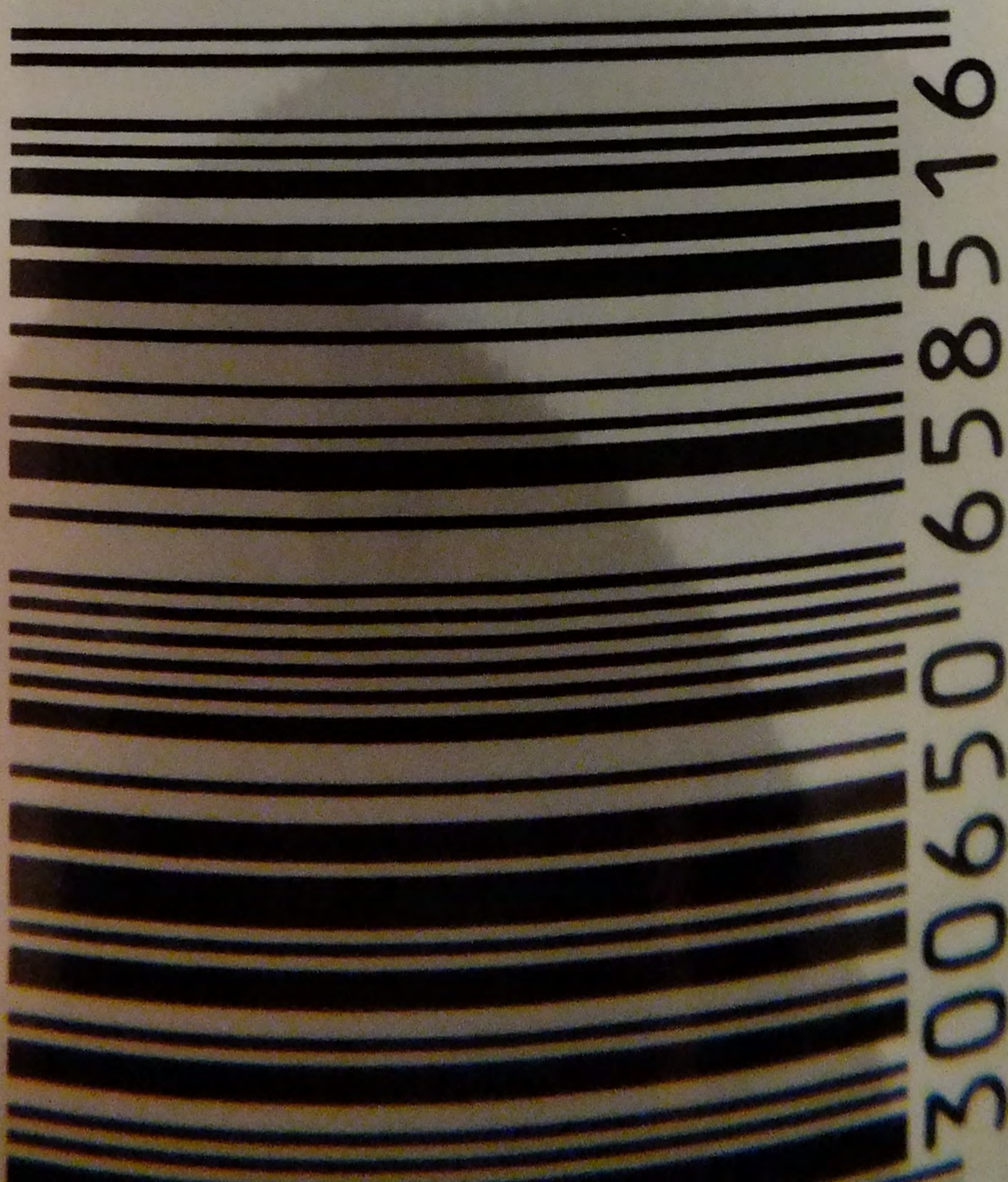
KRAFT FOODS LIMITED, 187 TODD RD,
FISHERMANS BEND, VICTORIA 3207.
MADE IN AUSTRALIA. REG No. 649

KRAFT ADVISORY SERVICE:

AUS: 1800 033 275 www.kraft.com.au

NZ: 0800 444 045 www.kraft.co.nz

VEGEMITE, PHILLY & PHILADELPHIA are trademarks of Kraft Foods.



NUTRITION INFORMATION

SERVINGS PER PACKAGE

	PER 100g	PER SERVING
ENERGY		
PROTEIN		
FAT - TOTAL		
- SATURATE		
CARBOHYDRATE		
- SUGARS		
SODIUM		
NIACIN (B3)		
THIAMINE (B1)		
RIBOFLAVIN (B2)		
FOLATE (B9)		

* PERCENTAGE DAILY VALUES
DIET OF 8700kJ
LOWER DEPENDING ON
AGE AND SEX

CONCENTRATED
INGREDIENTS
ON BACK OF JAR
FROM 1995
ALLERGEN INFORMATION



Trident®

CUT YOUNG

Baby Corn



410g NET

Preservatives

✓ No Artificial Colours



CUT YOUNG Baby Corn

Corn (54%), Water, Salt, Acidity Regulator (330).

NUTRITION INFORMATION

Serves per pack : 4.4 Serving size : 50g

Average quantity	per serve	per 100g
Energy	53 kJ (13 Cal)	105 kJ (25 Cal)
Protein	0.8 g	1.6 g
Fat, Total	0.2 g	0.4 g
- Saturated	<0.1 g	<0.1 g
Carbohydrate	1.9 g	3.7 g
- Sugars	0.4 g	0.8 g
Sodium	135 mg	270 mg
Potassium	9 mg	18 mg

Analysis on drained contents

PRODUCT OF THAILAND

PRODUCED FOR MANASSEN FOODS AUSTRALIA PTY LTD,
8 INTERCHANGE DRIVE, EASTERN CREEK, NSW 2766,
AUSTRALIA AND HUTCHINSONS LTD,
136 BROADWAY, NEWMARKET, AUCKLAND,
NEW ZEALAND.

® REGISTERED TRADEMARK OF TRIDENT FOODS PTY LTD.
Visit our website at www.trident.net.au

9 310560 014029



TM

440g

Australian
PINEAPPLE

pieces

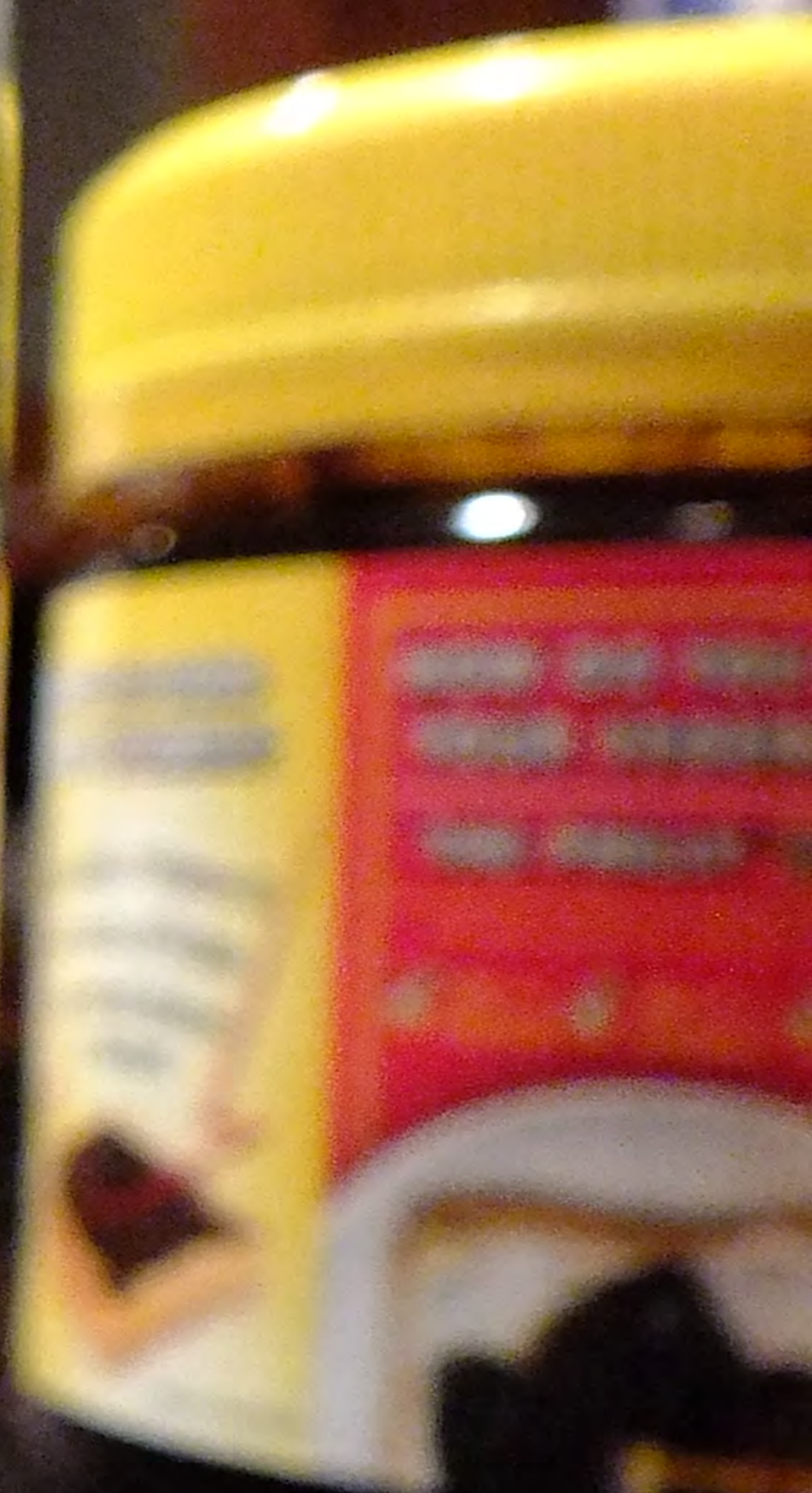
in juice

ervatives

Colours

Flavours

Sugar



NUTRITION INFORMATION

Servings per package: 4
Serving size: 110g

Qty. Quantity	per Serving	per 100g
Energy	265kJ	240kJ
Protein	0.6g	0.5g
Fat, total	0.1g	0.1g
-saturated	0g	0g
Carbohydrate	13.9g	12.6g
-sugars	13.4g	12.2g
Dietary Fibre	1.3g	1.2g
Sodium	5mg	5mg

Ingredients:

Pineapple (60%), Pineapple Juice or Reconstituted Pineapple Juice, Reconstituted Pear Juice.

Refrigerate unused contents in a sealed non-metallic container and consume within 7 days.



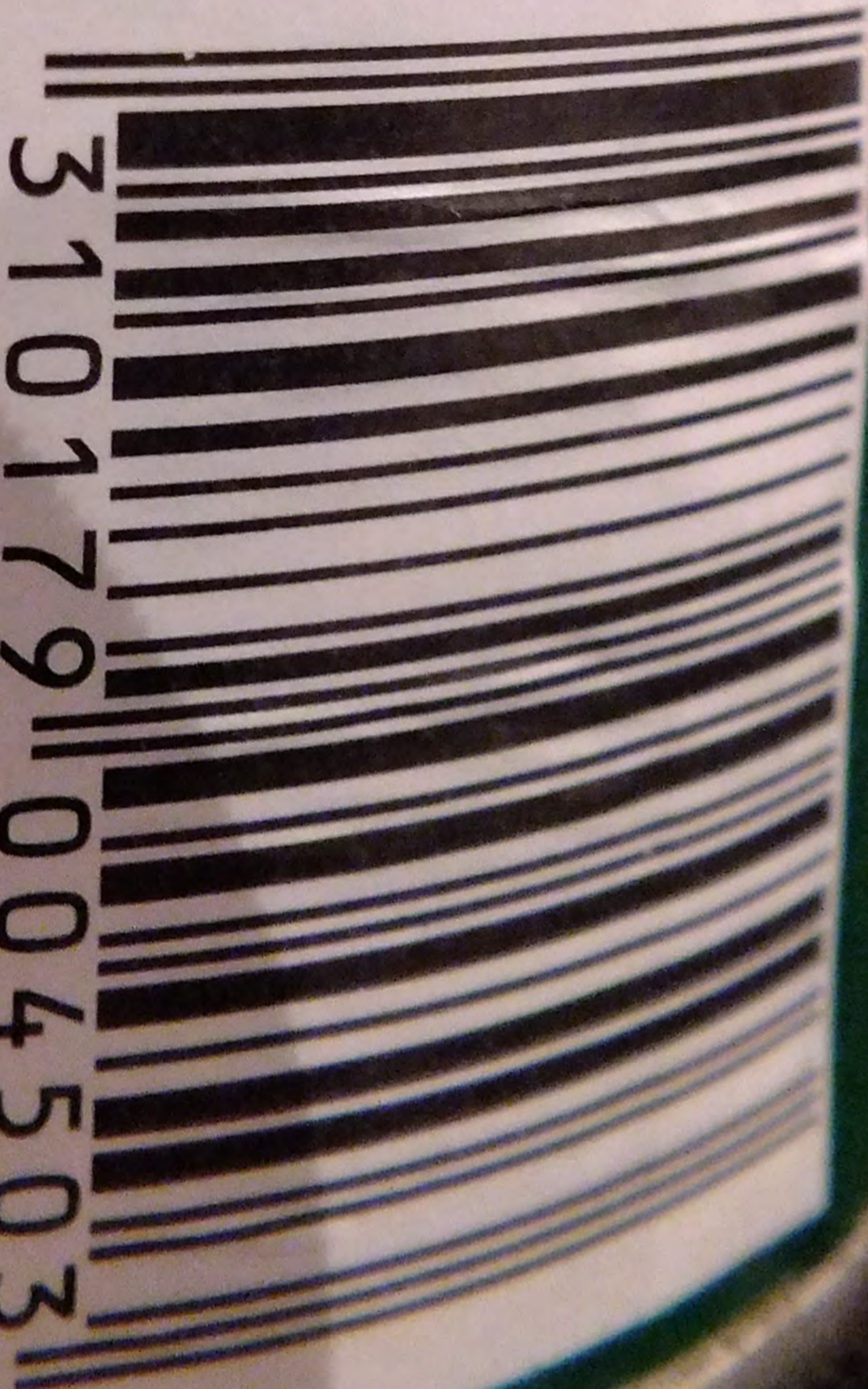
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Golden Circle Limited
260 Earnshaw Road
Northgate, QLD 4013,
Australia

Freecall: 1800 037 058

www.goldencircle.com.au

PRODUCT OF AUSTRALIA

9 310179 004503



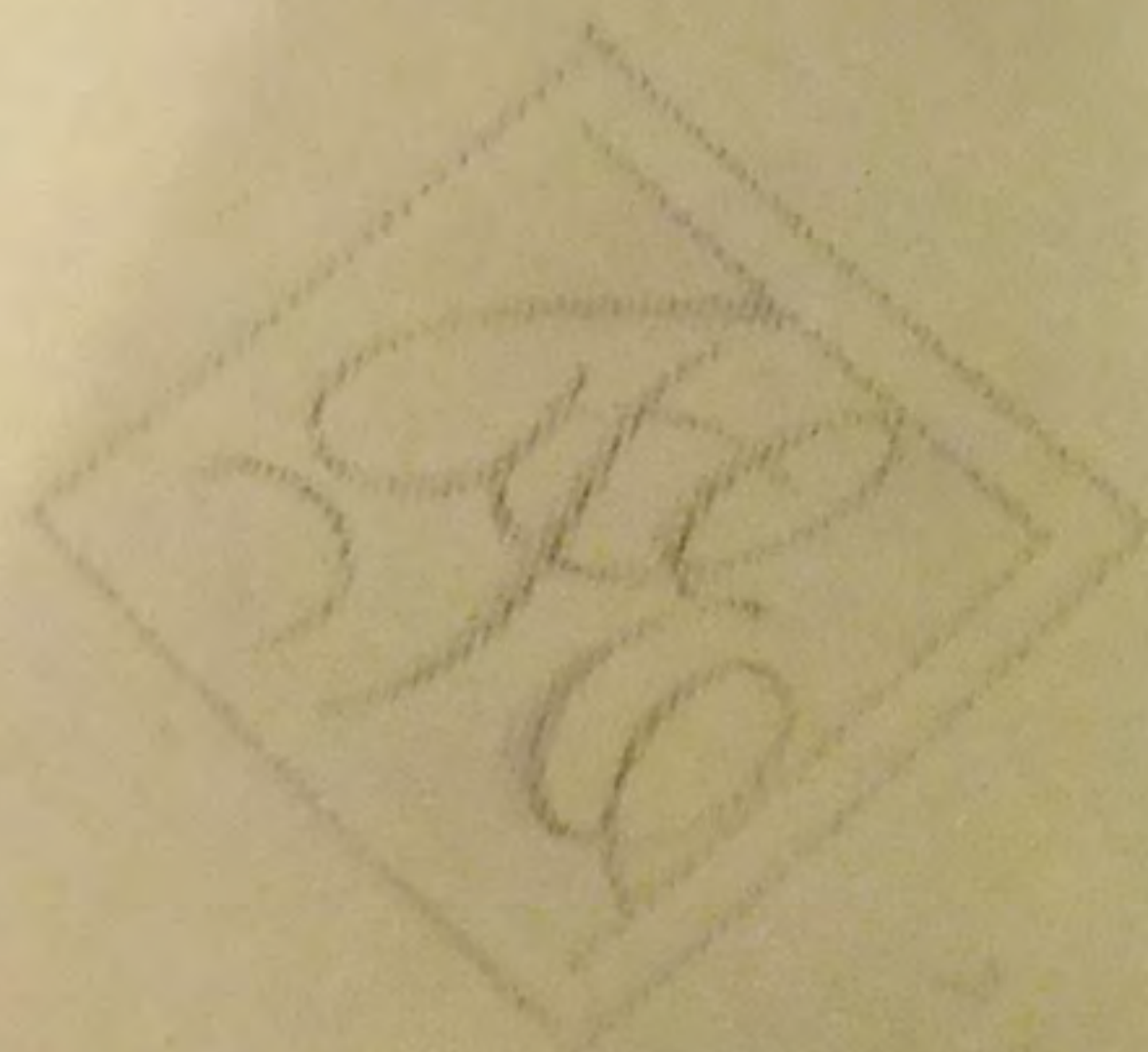


TRENTHAM

E S T A T E

Extra Virgin

OLIVE OIL



Produce of Australia

375ml

TRENTHAM

ESTATE

OLIVE OIL

A premium quality olive oil with a delicate, fruity aroma and soft buttery flavours.

Use in salads, as a condiment or serve with fresh bread.

Produce of Australia
Trentham Estate, Sturt Highway,
Trentham Cliffs NSW 2738

Ingredients: Extra virgin olive oil cold pressed from specially selected Mediterranean origin varieties. Store in a cool, dry place away from direct sunlight.

NUTRITION INFORMATION

Servings per package: 33 Serving size: 15ml

Average Quantity	Per serve	Per 100ml
Energy	505kJ	3367kJ
Protein	0g	0g
Fat Total	14g	91g
-saturated	2g	14g
Carbohydrate Total	0g	0g
-sugars	0g	0g
Sodium	0mg	0mg



Maldon®

sea salt flakes
pure & natural

Our promise...

We promise that our salt is completely pure and natural, retaining valuable sea water trace elements such as magnesium and calcium. That's why we're approved by the Organic Food Federation.

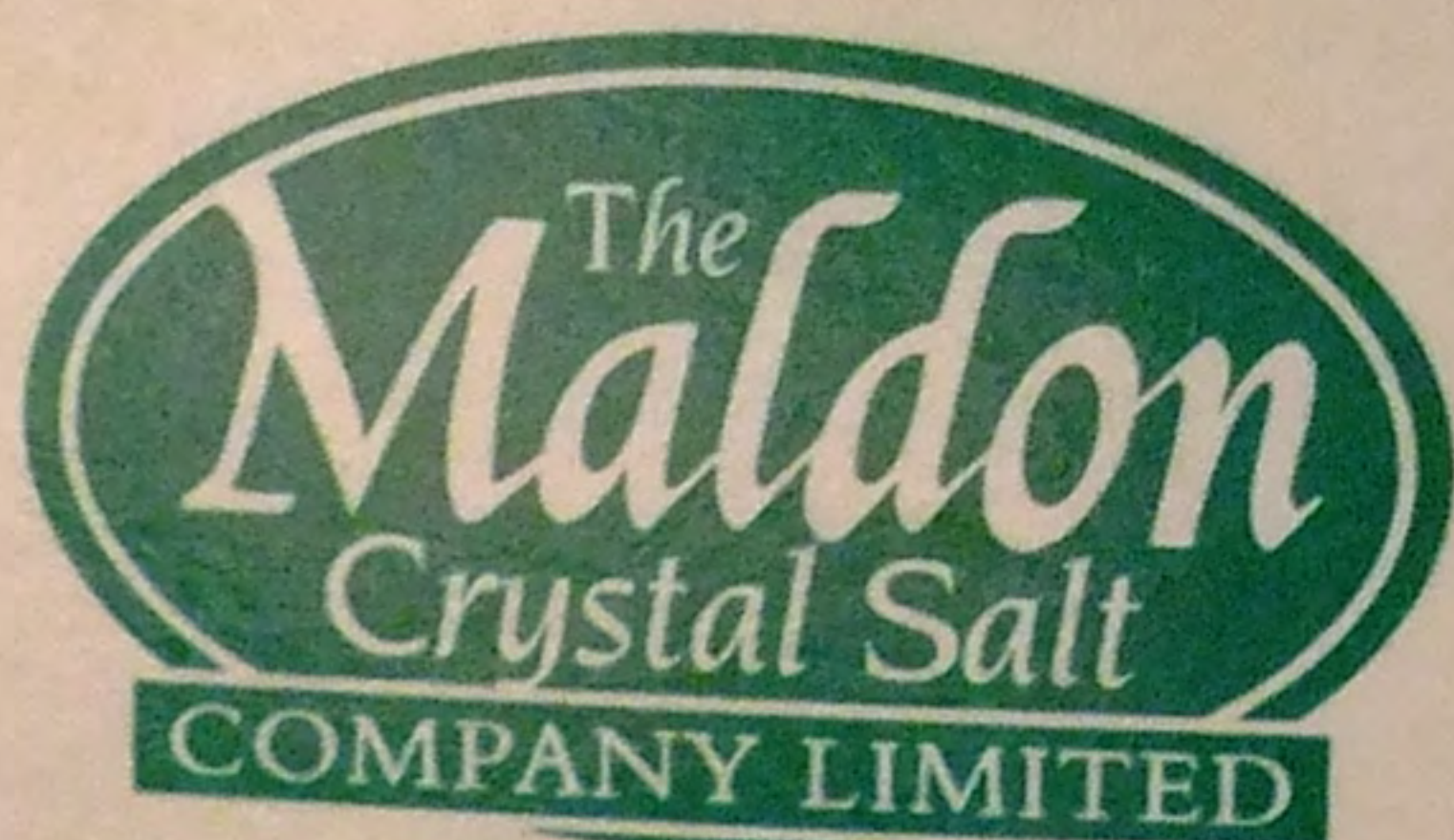


Ingredients:

Pure Flaky Sea Salt with no additives.

Produced by:

Maldon Crystal Salt Company Ltd.,
Maldon, Essex CM9 6UZ, England.



240g
e

www.maldonsalt.co.uk

Imported by:

F. Mayer Imports PTY Ltd.
18-21 Chalmers Crescent
Mascot 2020
N.S.W

disco



CAPTAIN'S TABLE

CLASSIC

Water Crackers



entertaining occasion. Only the best ma

N'S

BISCUITS – WATER CRACKER

INGREDIENTS: WHEAT FLOUR, VEGETABLE OIL (CONTAINS ANTIOXIDANT [319]), WHEAT GLUTEN, SALT.

ALLERGEN INFORMATION: CONTAINS WHEAT.

MANUFACTURED ON EQUIPMENT THAT ALSO PROCESSES BISCUITS THAT CONTAIN MILK, BARLEY AND SESAME.

MADE IN CHINA BY MONDELEZ SUZHOU FOOD CO., LTD HUXI BRANCH

**MONDELEZ AUSTRALIA BISCUITS, LEVEL 6, SOUTH WHARF TOWER,
30 CONVENTION CENTRE PLACE, SOUTH WHARF, VICTORIA 3006, AUSTRALIA
280 CUMBERLAND STREET, DUNEDIN 9016, NEW ZEALAND**

CONSUMER ADVISORY SERVICE:

AUSTRALIA FREE CALL 1800 033 275

www.mondelezinternational.com.au

NEW ZEALAND FREE CALL 0800 444 045

www.mondelezinternational.co.nz

BEST BEFORE DATE: PLEASE SEE DATE ON PACK (DD/MM/YY)

20008938



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ON 80%
RECYCLED
BOARD

NU
SERV
(APP

ENERG
PROTEI
FAT - TO
- SAT
CARBOHYD
- SUG
SODIUM

*PERCENTAGE
ADULT DIET OF
HIGHER OR LOW

kers